

## Full Report (All Nutrients) 45093098, STONEWALL KITCHEN, TRADITIONAL POPOVER MIX, UPC: 711381025499

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**Report Date: June 15, 2017 01:13 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Stonewall Kitchen Ltd.

Nutrient	Unit	Data points	Std. Error	29.0 g 29g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	100	345
Protein	g	--	--	4.00	13.79
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	20.00	68.97
Fiber, total dietary	g	--	--	1.0	3.4
Sugars, total	g	--	--	2.00	6.90
<b>Minerals</b>					
Calcium, Ca	mg	--	--	40	138
Iron, Fe	mg	--	--	1.44	4.97
Sodium, Na	mg	--	--	130	448
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

### Amino Acids

### Other

### Ingredients

MALTED WHEAT FLOUR, NON-FAT MILK, SEA SALT. *Date Last Updated by Company:* 04/04/2016